

2019—It's Your Time Let's Do This!

Fast Trac

Treadmill training for walkers & runners. Everyone will go at their own pace. This is a great 45 minute fat burning workout followed by 15 minutes of core work.

Thursdays 10-11 am

Fee: \$42D/\$56 ND Class # 469

Total Body Conditioning

Head to toe conditioning. This small group training gives you lots of variety working strength, cardio, cores, flexibility.

Wednesdays 11:15-12:15 pm

Fee: \$42D/\$56ND Class # 450

Strength Circuit

Small group training - strength with cardio bursts to torch your body fat & get you strong & fit.

Tues/Thurs 7:30-8:30 pm

Fee: \$68D/\$88ND Class # 438

Pound

Fun, fun full-body workout combining cardio, strength, abs. Great music & high energy.

Sunday, Jan 27th 11-12pm

Fee: \$10 Class # 4355

Make & Take

Essential Oil Mindset Makeover

Boost your positivity, erase gloom, enhance your sensuality. Come learn what essential oils are & how to use them. Make your own blend to take.

Friday, January 18th 6-7 pm

Fee: \$15 Class # 4805

January Special

10% OFF

Personal Training

(5, 10 or 20 session packages)

10% OFF

Nutritional Consulting

3 session package
(1/1-1/31/19)

Body & Soul (16 yr+)

Empower yourself with this workshop focusing on self-esteem, body image, relationships, communication, emotional & physical health & peace.

Sunday, February 3rd 1-4 pm

Fee: \$30 Class # 4565
(workbook can be purchased from instructor for \$10)

Coming In February & March

- * Foam Rolling Workshop
- * Kettlebell Training
- * You Got This Program
- * Youth Yoga
- * Strong Girls
- * And More...

